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1 Apparatus, comprising:

2 a digital sound relaxation system having built-in prerecorded
3 sounds selectable for individual replay; and

4 a collectable sound card having prerecorded sounds therein
5 cooperative with said digital sound relaxation system to make
6 available its sounds for replay by said digital sound relaxation
7 system.

1 2. The apparatus of claim 1, wherein said digital sound relaxation
2 system further includes a port for receiving said collectable sound
3 card, which port includes an electrical connector, and wherein said
4 collectable sound card is adapted for insertion in said port and
5 includes a connector adapted to mate with said connector of said
6 port when inserted therewithin.

1 3. The apparatus of claim 1, wherein said digital sound relaxation
2 system includes a plurality of sound selector switches, and further
3 includes a sound card selector switch for reassigning said switches
4 between said built-in and sound card sounds.

1 4. The apparatus of claim 3, further including corresponding
2 indicia on said digital sound relaxation system and said
3 collectable sound card for associating said switches and said
4 sounds of said collectable sound card.

1 5. An improved digital sound relaxation system that enables
2 individuals to customize their collection of natural sounds to
3 their individual tastes, comprising:
4

5 (1) an internal digital memory in which a plurality of
6 prerecorded natural sounds are digitally stored therein in a
7 predetermined manner;
8

9 (2) a like plurality of sound selector switches, each for
10 selecting another one of said plurality of prerecorded natural
11 sounds digitally stored in said internal digital memory;
12

13 (3) a port for receiving any one, of one or more, external
14 digital memory sound cards each having a like plurality of
15 prerecorded natural sounds different from said plurality of
16 prerecorded natural sounds stored in said internal digital memory;

17 (4) a selector switch to reassign each of said plurality of
18 control switches to another one of said plurality of prerecorded
19 natural sounds stored in said external sound card whenever the same
20 is received in said port; and

21 (5) a processor coupled to said port and to said digital
22 memory and responsive to said switches operable in one of two (2)
23 basic modes, in one mode, any prerecorded sound stored in said
24 internal digital memory is replayed by activating a corresponding
25 one of said sound selector switches, and in another mode, any
26 prerecorded sound stored in external digital memory of a
27 collectable sound card inserted within said port is replayed by
28 activating said sound card selector switch and by activating a
29 corresponding one of said sound selector switches.

BC 6. The improved digital sound relaxation ^{and noise masking} ~~system~~ ^{device} of claim 5,
2 further including a collectable sound card.

and noise making device

BC 1 7. The improved digital sound relaxation ~~system~~ of claim 5,
2 further including a housing having a top wall wherein through said
3 port is provided.

and noise making device

BC 1 8. The improved digital sound relaxation ~~system~~ of claim 5,
2 wherein said internal memory has at least one prerecorded ~~natural~~
3 sound digitally stored therein in a "loop" format defining (1) a
4 plurality of addressable memory locations and (2) start and end
5 locations, such that a different part of ~~the same natural~~ ^{said} sound is
6 stored at another address location and in such a way that the parts
7 stored at the start and end locations are as acoustically-seamless
8 as possible.

and noise making device

BC 1 9. The improved digital sound relaxation ~~system~~ of claim 1,
2 wherein said internal memory has at least one prerecorded ~~natural~~
3 sound digitally stored therein in a "sound bite" type format
4 defining at least two (2) ^{groups} ~~pluralities~~ of addressable memory
5 locations, such that another self-contained and complete-in-itself
6 version of the same ~~natural~~ sound is stored in each of said at
7 least two (2) ^{groups} ~~pluralities~~ of addressable memory locations.

10. A collectable sound card for a digital sound relaxation system
having a plurality of preselected natural sounds digitally
prerecorded that enables individuals to customize their collection
of natural sounds to their individual tastes, comprising:

(1) a digital memory device having a plurality of natural
sounds of preselected type, selected to be different from said
plurality of preselected natural sounds of said sound relaxation
system, stored therein in a predetermined manner; and

9 (2) a connector electrically connected to said digital memory
10 device.

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1 11. The collectable sound card of claim 10, wherein at least one
2 said prerecorded ~~natural~~ sound is digitally stored therein in a
3 "loop" format defining (1) a plurality of addressable memory
4 locations and (2) start and end locations, such that a different
5 part of ^{said} ~~the same natural~~ sound is stored at another address
6 location and in such a way that the parts stored at the start and
7 end locations are as acoustically-seamless as possible.

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1 12. The collectable sound card of claim 10, wherein at least one
2 said prerecorded ~~natural~~ sound is digitally stored therein in a
3 "sound bite" format defining at least two (2) ^{groups} ~~pluralities~~ of
4 addressable memory locations, such that another self-contained and
5 complete-in-itself version of the same ~~natural~~ sound is stored in
6 each of said at least two (2) ^{groups} ~~pluralities~~ of addressable memory
7 locations.

1 13. A method for storing natural sounds in the digital memory of
2 a collectable sound card of the type used with a sound relaxation
3 system comprising the steps of:

4 (1) digitally encoding different self-contained and complete-
5 in-themselves versions of the same natural sound of preselected
6 type; and

7 (2) storing the different digitally encoded self-contained and
8 complete-in-themselves versions of said same natural sound in the
9 digital memory of the collectable sound card such that each of said
10 different digitally encoded self-contained and complete-in-

11 themselves versions of said same natural sound is located at
12 another group of addressable memory locations thereof.

add
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